



For many centuries humans have used the **barley** plant's seeds and leaves as food and medicine. **Barley** kernels are often ground into flour for baking muffins, cookies, pasta and pizza crust. **Barley** is also processed into flakes and bran for use in cereals and granola.

Malt sugar, another common derivative of **barley**, is used in flavorings and sweeteners. In addition to food for people, **barley** grain, silage and straw are important ingredients in feed for beef and dairy cattle.

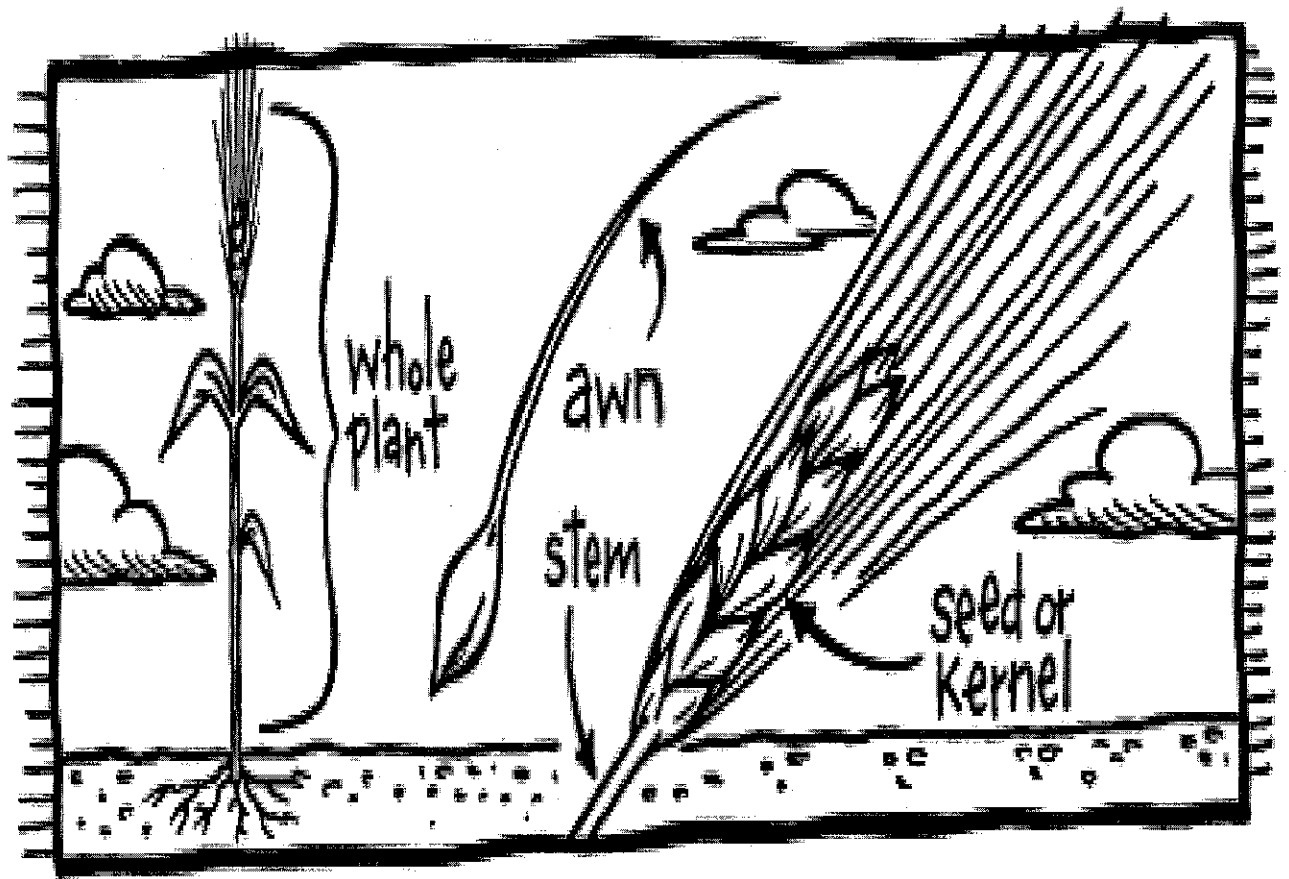
Idaho ranks among the top five of America's largest **barley** producers. Idaho farmers produce an average of over 50 million bushels of **barley** annually— around 20% of all barley produced in the U.S.

Barley is a great source of fiber, B vitamins, vitamin E, and folic acid and has many health benefits. **Barley** in the diet may improve blood sugar levels in individuals with diabetes, possibly because the fiber in **barley** delays stomach emptying and slows down the absorption of carbohydrates from foods. Like oatmeal, **barley** seeds contain both soluble and insoluble types of fiber that may help to lower cholesterol. Additionally **barley** may assist in weight loss, because it acts as an appetite suppressant making people feel like they have eaten more than they really have.



Any time of the year, **barley** can be a great addition to your diet. Try it in soups, stews, salads or cereal!





Parts of Barley!

A BARLEY FIND-A-WORD PUZZLE

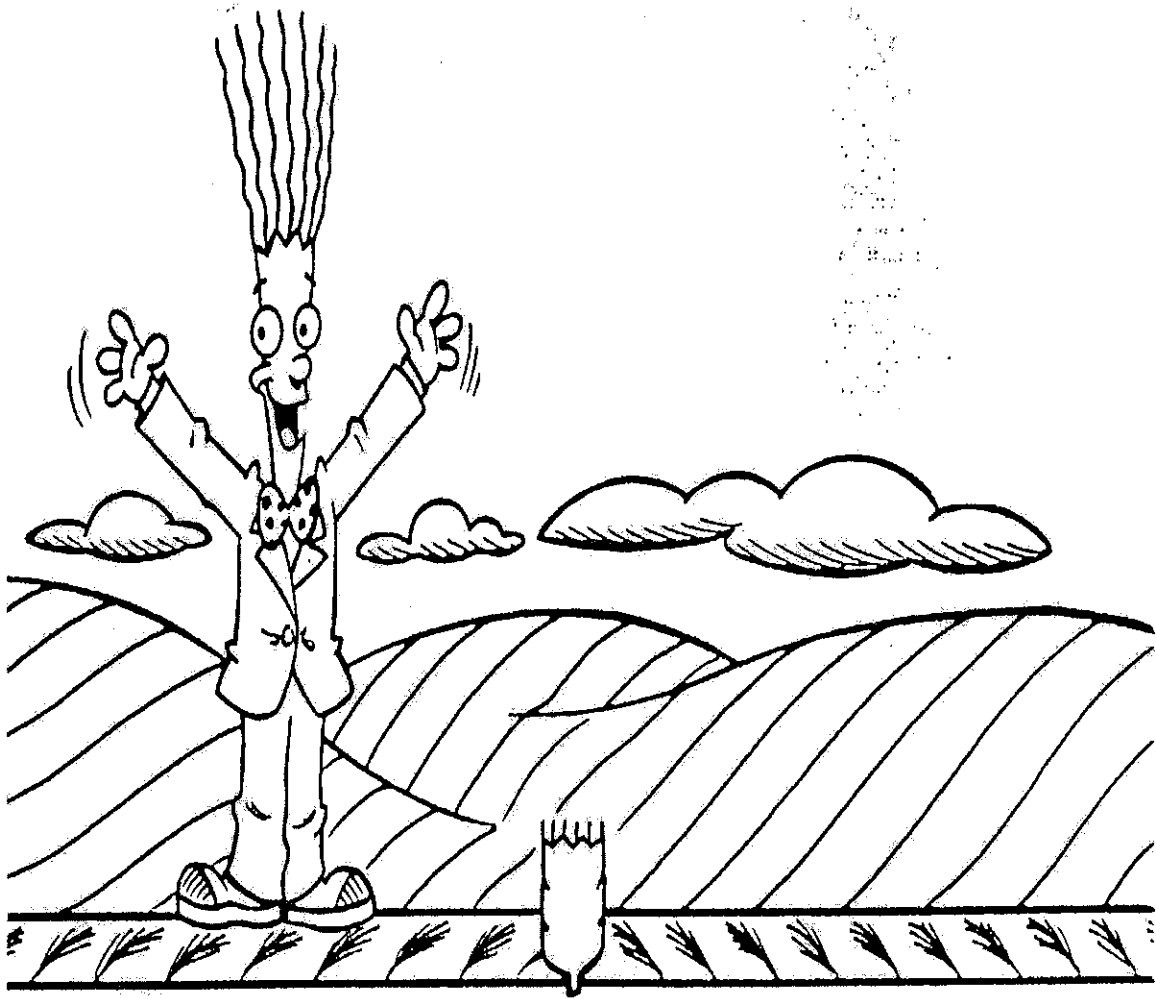
B A B R S A F E T Y L
N I A R G F A R M E R
H A R L E Y S K C U D
E D N S G I P H Y I L
S U S T A I N A B L E
S G G R L O O Y D F I
W O C A I T U R K E Y
O U H C S E E D F E O
R T I T R F I E L D Y
K S C O T S E V R A H
O U K R C O M B I N E

Circle all the words listed below, as shown in the example. The words can run across, up and down, forwards or backwards. Then spell out a sentence from the remaining letters that are not circled.

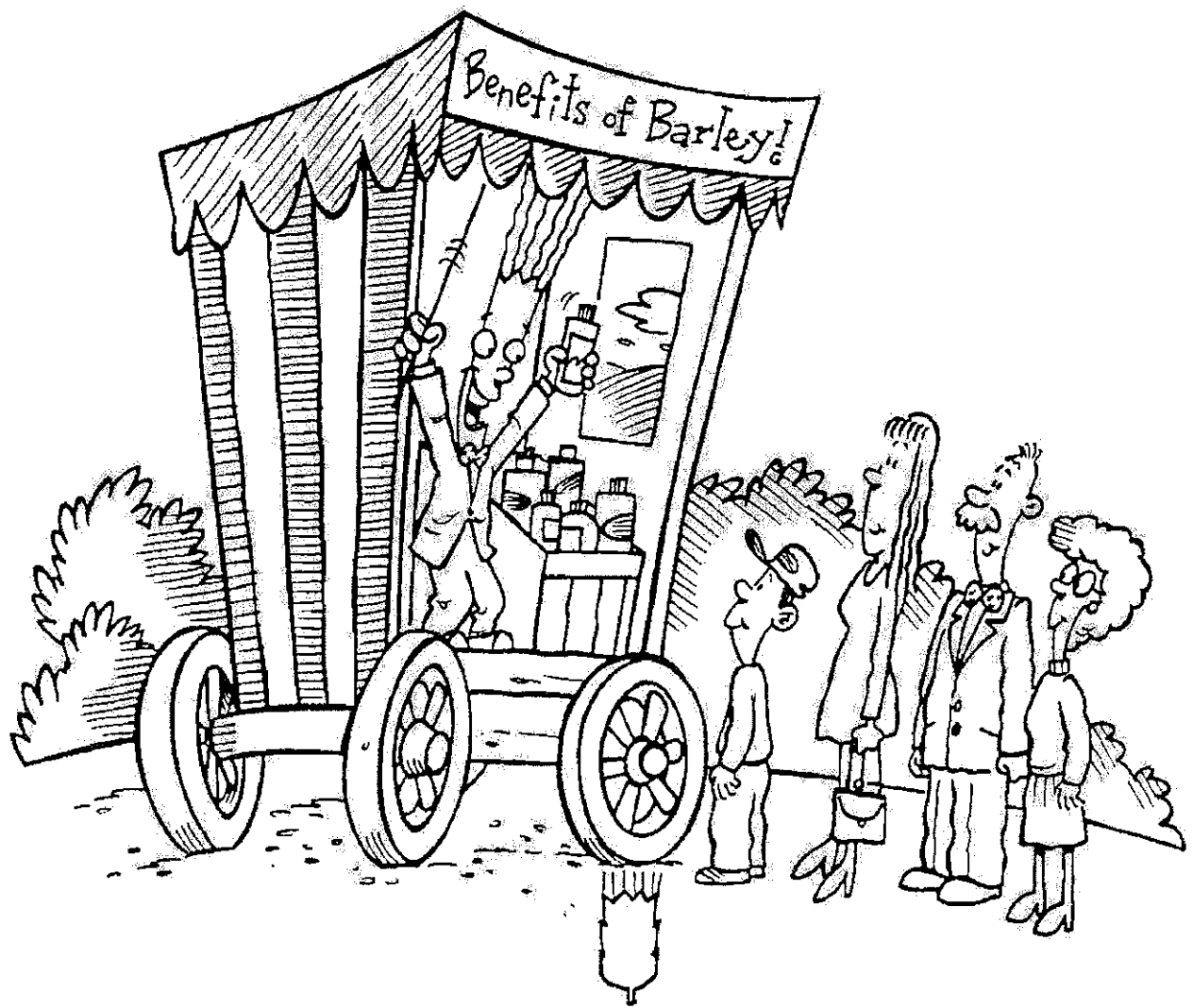
Barns
Combine
Ducks
Farmer
Field
Harley
Hay
Safety
Silage
Tractor
Work

Chick
Cow
Dugouts
Feed
Grain
Harvest
Pigs
Seed
Sustainable
Turkey
Yield

ANSWER _____



Harvey Barley
in a field!



Barley is a healthy
part of every meal!

History of Barley

Barley was one of the first cereal crops to be domesticated. Archaeologists have found evidence in the Middle East that it was a staple food as long ago as 5,000 BC or earlier.



Barley was a favorite grain of the ancient Egyptians, the Roman gladiators, and the seafaring Vikings. Christopher Columbus brought barley to North America from Europe in 1493 and it has been cultivated here ever since.



Today it is the world's most important crop for feeding livestock. Barley is also used as food for people, and it's used in beverage making and in industrial applications.



Canada is one of the largest barley producers in the world, with about 11 million tons produced annually. Barley is an important crop in Alberta, ranking third after wheat and canola. In fact, about half of all the barley grown in Canada is grown in Alberta.

Types and Uses of Barley

There are more than 50 different varieties of barley grown in Western Canada. Different types are best for different uses. Primary uses of barley (as grain, straw, and the whole plant) include:

Food for people:

barley flakes: porridge, granola, muesli, cookies, muffins, desserts

barley bran: cereals

pearl and pot barley: salads, puddings, soups, stews, and casseroles

barley flour: muffins, cookies, pancakes, breads, pasta, biscuits, pizza crusts

Food for animals:

dairy and beef cattle (grain, silage and straw)

hogs and chickens (grain)

Malted barley used in:

flavorings and sweeteners

malt extracts and malt flour